

Changing Eating **Behavior** for Good

Western Health Advantage

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Objectives

- Visualization exercise
- Top ten tips for healthy eating
- Rate your behavior "0-10"
- Analyze results
- Pick your 2 lowest scoring behaviors
- Set you SMART goal(s)







Tip #1: Eat Breakfast

- Breakfast can make or break a diet
- Jumpstarts metabolism for the day
- Less likely to overeat at lunch
- Within an hour of waking
- Cut back on the morning coffee
 - Natural appetite suppressant





Tip #2: Eat at Least 3 Meals a Day

- Don't skip meals
- Skipping meals:



- allows our metabolism to slow
 causes us to over eat at our next meal
- leads to increased fat storage
- Eat around the same time every day
- Eat bulk of calories earlier in day
- Incorporate healthy snacks

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Tip #3: Eat Your Fruits & Veggies

- 5 servings/day
- Low calorie
- Fiber
 - Feeling of fullness, reduces hunger and cravings, controls blood sugar
- Antioxidants

 Reduces risk of chronic disease and some cancers, promotes healthy aging
- Phytonutrients, Trace Minerals
- Supplements DO NOT count!

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Tip #4: Practice Portion Control

- Plate method
- Measure and weigh
- · Compare to objects
- One serving only
- Use smaller plates/bowls



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Tip #4: Practice Portion Control

- Drink water before a meal
- Eat an apple
- Pre-package/single serving packs
- Listen to your body





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Tip #5: Know Your Calories

- How many do you need a day?
- How many are you consuming a day?
- Food Journaling/Tracking
- Free Food Tracking Apps

 MyFitnessPal, Lose It, Fitbit



• Where are your calories coming from?





Tip #6: Read Food Labels



1	8 servings per container Serving size 2/3 cup	(55
2	Amount per serving Calories 2	30
	% Daily	Value
3	Total Fat 8g	101
	Saturated Fat 1g	51
	Trans Fat 0g	_
1	Cholesterol Omg	09
1	Sodium 160mg	79
	Total Carbohydrate 37g	131
	Dietary Fiber 4g	149
	Total Sugars 12g	
4	Includes 10g Added Sugars	201
	Protein 3g	
5	Vitamin D 2mcg	101
	Calcium 200mg	151
	Iron 8mg	451
	Potassium 235mg	61
6	* The *. Doily Value (DV) tells you how much a a serving of food contributes to a doily det. 2.5 a day is used for general matrices.	nutrient in 00 calorie

Tip #7: Healthy Meals & Snacks



- Nuts
- Fruit (Dried Fruit)
- Whole grain crackers
- Popcorn
- String cheese



- Tuna
- Oatmeal and whole grain cereal - Natural peanut or other nut butter
- Individually wrapped dark chocolate





Tip #8: Don't Buy It, Don't Give In, Don't Bring it Home



Tip #9: Mindless Eating

Eating while

Driving, talking, texting, working, watching television, boredom, loneliness, tension/stress, anxiety, depression, habit, reward



Tip #10: Eating Out

- Choose your restaurant wisely
- Eat an apple and drink water
- Share a meal
- Ask for a box BEFORE the meal comes
- Ask for substitutions
- Order from starters or appetizer menu
- Order al a carte vs. platters and entrees
 - Salads (dressing on the side)
 - Put your fork down, take a drink of H₂O
 - · Eat lower calorie items first
 - Place napkin on top of plate when finished
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- Look menu up online prior to arriving advantage > you

Recap

- ✓ Eat breakfast
- ✓ Eat at least 3 meals a day
- ✓ Eat your fruits and veggies
- ✓ Practice portion control
- ✓ Know your calories
 - ✓ Incorporate healthful tips when eating out

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- ✓ Incorporate healthy snacks
- ✓ Reduce or eliminate fast, junk, and buffet style foods
- ✓ Practice mindful eating



SMART Goals

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...because you too can own this face of pure accomplishment...

For more information

Western Health Advantage members can find more healthy living tips at

mywha.org/healthyliving

Check with your health plan's wellness page for healthy living resources.





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